



OVERWEIGHT TEENAGERS
Just recently, I read an article in a magazine of a standing doctor saying that one out of ten teenagers is overweight. He says that the reason is that these overweight teenagers have had eating habits too many ice cream sundaes, candy bars, soft drinks, and lack of exercise.

This information must be true because I see it and in a prominent place on the package. If the number of servings is listed,

the size of the serving in common measure, such as ounces or cups or table-spoons must be given.

QUICK DESSERTS
and Labeling Act of 1966. These requirements will help you, especially between two products. The net contents of the package will be listed to show the total weight. The contents must also be listed by their common names and in order of their importance.

This information must be true because I see it and in a prominent place on the package. If the number of servings is listed,

Dot with the oleo and sprinkle on pecans. Bake for 30 minutes in an oven 350 degrees. Serve with a scoop of vanilla ice cream.

FREEZER CONTAINERS
Not just every type of freezer material is air tight, so, don't let poor freezer containers ruin your food store.

Another quick dessert which a young homemaker, Brenda Youngblood, told me about calls for pie filling, 1/2 cup whipped cream, mix, one stick of oleo and chopped nuts. Here is the way it is put together.

Pour the pie filling in pie dish, sift the cake mix onto the filling and pack in the plastic bags.

FREEZER STORAGE
When choosing wrapping materials for the freezer such as foil, plastic bags, etc., make sure that you is all foils are moisture-vapor proof. There is only one foil on the market which meets this qualification.

Read wrapping materials for air tight and therefore, will not keep bread fresh in the freezer for more than 2 or 3 weeks.

CHICKEN
A problem that plagues many cooks is buying homemade. The choice is to choose the inexpensive whole fryer or to splurge on the pieces the family likes best. The real question is is it better that whole fryer to be inexpensive if much of it is going to be discarded.

Consider one serving as one serving of baked lean meat and compare the costs on a cost-per-serving basis.

Whole fryers generally give one and one-third servings per pound. For fryers, consider figure four servings per pound and for less, three servings per pound.

When whole fryers are on special at 29 cents a pound, you can just as thrifty buying breasts at 88 cents and legs and thighs at 60 cents per pound.

If whole fryers are selling for 25 cents a pound, breasts are an equal buy at \$1.00 per pound and legs and thighs are just as economical at 79 cents.

4-H RECORDS
This last week Sandra Bowman, 4-H'er from Mt. Pleasant, came to our office to work on her 4-H Record Book. Sandra's agent was so pleased to see that Sandra had added much to her record. Sandra's interest in food projects almost alone has accomplished a great deal in cloching.

Sandra said that she did not want to be beaten, so she kept working that next year when time comes to enter contests, hers would be up-to-date.

LABELING ACT
July was the deadline for every food package on grocery shelves to have a label that meets the requirements of the fair packaging



Your Pleasure Is Our Policy!

MONTE SUGAR

PEAS 4

PEACHES 3

STEW 2

JUICE 3

MILK 7

SYRUP

MIX 2

COMET 2

STARCH

FINISH

RINSE

NEWTONS 2

APPETEASERS 2

APPETEASERS 2

CANDIES 4

CANDIES 4

CANDIES 4

BIRD FOOD 5

\$1

\$1

\$1

\$1

\$1

33¢

59¢

59¢

59¢

49¢

69¢

69¢

69¢

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WMU Circle Meets With Mrs. Mickle

The Cleavers WMU Circle met Tuesday night in the home of Mrs. Ruby Nell Mickle.

The meeting was opened with a devotion given by Mrs. Agnes Wilson.

A very interesting program titled "Influence in Primary Schools - Brazil and the Amazon" was given by members of the circle.

Minutes of the last meeting were read by Mrs. Linda Rushing and approved.

Business meeting was led by Mrs. Agnes Wilson with the following committee chairmen: Mrs. Anna Chapman, Mrs. Thelma Parrish, for new officers for the coming year.

Present were Mrs. Linda Rushing, Mrs. Crook, Mrs. Agnes Wilson, Mrs. Ann Whitman, Mrs. Dean Miller, Mrs. Betty Padgett, Mrs. Thelma Parrish, Mrs. Dorothy White.



Body for sale.

Goodwill No. The seller is a special short (21/2 inches) to be exact) wearing never seen rollers, even after stamping. No teasing - ever again!

Never worn with Helene Curtis Triumph Sailor Wave and cut - \$12.50

BEAUTY NOOK
CORNER OF CLAXTON & DAVIS
PHONE 897-2835

Dismukes Ford LAST CALL FOR NEW 1968'S!

THE NEW 1969'S ARE ON
THE WAY!

PLACE YOUR ORDER NOW!

USED CARS

1968 FORD J. T.
1967 OLDS STA. WGN.
MERCURY CPE.
MERC. COUG.
MUSTANG
MUSTANG
1966 MUST. CONV.
FORD R. WGN.
FORD F. 250
CHEV. S.
RAMBLER
FORD CONV.
CHEV. S.
FORD F. 100
FAIRL. 500
FAIRL. XL
FAIRL. G. T. CONV.

1965 RAMBLER
FORD F. 100
MUST. CONV.
RAMBLER
FORD CONV.
CHEV. S.
FORD F. 100
FAIRL. 500
FAIRL. XL
FAIRL. G. T. CONV.

A FEW NEW MODELS
24 MONTHS GUARANTEED WARRANTY

BOYS AGES 8 THRU 13
REGISTER FOR PUNT, PASS & KICK

DISMUKES FORD

U.S. Auto & Glass Co. Inc. 120 W. Main Street, Elba, Alabama. Phone 343-2247
Serving Elba & Vicinity
"OLDEST FORD OR CHEV. DEALER IN COFFEE COUNTY"

Troy State Safety Director Reports Extension Classes Planned At Opp

Misses Mrs. Claudia Mae Stewart and the hostess Refreshments were served by the hostess, and the meeting was closed with prayer by Mrs. Dorothy Whitehurst.

Former Citizen Honored In Mulberry, Florida

Mrs. Helen Farmer, the former Helen Jones of Elba and daughter of Mrs. J. L. Jones and the late Mrs. J. L. Jones, was the guest of honor at the annual awards in Mulberry, Florida. Mrs. Farmer is manager of the Mulberry Exchange of General Telephone Company. Mulberry Exchange received the Florida Grand Prix Award for being the outstanding Extension Classes team in Central Florida, according to C. A. Baugh, District Commercial Manager.

Mrs. Farmer is quoted as saying that Mrs. Farmer "is considered a personal friend by more Mulberryans than any other person."

Mrs. Farmer is a sister of Mrs. Vivian Lee, of Elba, Wisconsin, after being named to the top Residential Salesman in the company.

Funeral services were held at 11 a.m. from the New Haven Baptist Church, with the Rev. Curtis Lugle and the Rev. R. A. Davis officiating. Burial will be in the church cemetery, Hayes Funeral Home directed.

Survivors include his wife, Mrs. Connie D. Thomas, five daughters, Mrs. Myrna Brown, Pensacola, Fla., Mrs. Ollie Farris and Mrs. Mavis Davis, both of Elba, Mrs. Myra Farris, Mrs. Roy, Mrs. Frances Mims, Montgomery, two sons, James D. Thomas, Winter Haven, Fla., and John L. Thomas, Winter Haven, Fla., three grandchildren, and great-grandchildren.

FARMERS REMINDED TO VOTE IN ASC ELECTIONS THIS YEAR

Farmers today were reminded about important coming elections of ASC farmer - committeemen who will serve for the next year as local administrative and national farm-action program leaders.

According to Roy L. Ellis, Chairman, Agricultural Stabilization and Conservation County Committee, each club in the county will cast ballots for community committeemen by mail. The ballots will be mailed to the county offices about Sept. 15 and must be returned by mail or in person by Sept. 19 to the New ASCS office in New Brockton. Qualified voters in the appetite temples.

Miss Dempsey exemplifies the 120,000 young 4-H cooks who strive each year to improve their products in hopes of winning a national scholarship offered to members enrolled in the national 4-H Food and Nutrition program.

Six \$600 scholarships are given annually to outstanding members by the Kerr Glass Manufacturing Corporation, sponsor of the program for 40 years. State and county awards also are provided, and a trip to the National 4-H Congress in Chicago, and medals on a state level.

Girls who have claimed awards in the past say that winning was not easy, but the personal satisfaction gained was worth the effort. It takes time, perseverance and skill to preserve perfect fruits, beans, beets, peaches, jams, pickles, or any other appetite temples.

How does a girl learn this traditional culinary art? By joining the 4-H Club, and the volunteer 4-H Club leader. She also has access to "how-to" manuals published by the Extension Service and Kerr.

The community committee consists of a chairman, a vice chairman, and a third regular member, as well as two alternates. The regular members of the committee also serve as delegates -- and the alternates as alternate delegates to a county convention, where they will be elected to fill vacancies on the ASC county committee.

The chairman stressed the importance of elected representative farmers as committeemen in view of their board program responsibilities. Programs administered by the committee include the Agricultural Conservation Program, the Cropland Adjustment Program, acreage allotments, marketing quotas, commodity loans, the feed grain program, the upland cotton diversion program and farm storage facility loans.

FOR YOUR
PEOPLES BANK
CHECK BOOK, PARDNER!

Volunteers now are busy preparing their children for school. Many will take to a physician for physicals, and others will have the physical fight off an invading germ or virus. Exposure to many other things can increase the possibility of catching something.

The older children going off to college need to make certain they do not suffer nutritional deficiencies. The body needs hurried meals that do not contain sufficient amounts of the vitamins and minerals their body needs. We can eat a ready prepared product, made by a dependable manufacturer, which will insure minimum requirements.

DO YOU YOUR DOCTOR CAN PRESCRIBE US when you need medical attention? Call him promptly without extra charge. A great many people rely on us for their health needs. We welcome requests for delivery service and charge accounts.

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WHITMAN DRUG CO.
TELEPHONE 897-2407
ELBA, ALABAMA
PRESCRIPTION CHEMISTS
We are now headquarters for Bell Telephone Aid batteries

FDIC

146 Weekend Accidents

Col. Floyd H. Mann, State Director of Public Safety, stated that from 6 p.m. Friday through 12 midnight Sunday the Alabama highway patrol investigated 4 accidents with 70 injuries at 14 fatalities. So far this year 7 people have been killed this time compared with 5 in this time last year. The cause of these accidents were speed driving, the wrong use of turn signals, and 1 each in Mobile, Limestone, Marion and Morgan. This brings the total killed for this year to 573 compared with 568 at the same time last year. Statewide, we have an increase of 18. The increase of 18, the regular monthly meeting of the Business and Professional Women's Club was held on Monday night at the Country Club.

Mrs. Nellie B. Martin, club president, presided. Durrell Hudson and Mrs. Spencer Ziglar, also Misses Becky English, Mrs. Helen Holley, Mrs. Lula Mae Harper, Mrs. Brunease Winston, Mrs. Addelene Prescott and Mrs. Myrtle Sellers, these young ladies were participants in the annual \$100,000 scholarship awarded by the club to a worthy Coffey County student.

Chapter 323 of the Order of Eastern Star will meet Thursday night at 7:30 in the Elba Masonic Hall. All members are urged to attend.

has accepted an invitation to be guest speaker at the regular monthly meeting on October 14.

Others enjoying the occasion were Mrs. Zelma Devane, Mrs. Patsy Powell, Mrs. Myrtle Sellers, Mrs. Jessie Taylor, Mrs. Spencer Ziglar, also Misses Becky English, Mrs. Helen Holley, Mrs. Lula Mae Harper, Mrs. Brunease Winston, Mrs. Addelene Prescott and Mrs. Myrtle Sellers.

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JAMES SAWYER, SUNDAY SCHOOL SUPERINTENDENT for the Coffee Baptist Association is congratulated by Ellis Bush, state Baptist Sunday School secretary, for having a complete team of workers present at a recent Sunday School Leadership Conference at Shoo Springs Baptist Assembly, Talladega. With Bush and Sawyer are Rev. Mrs. O. C. Mertz, Rev. and Mrs. David R. Ross, Mrs. Palmer Galmor, Mrs. O. C. Carmichael, Mrs. Randy Hancock, Mrs. Howden Sessions, Mrs. Linda Cobb, Mrs. Harold Mood, Mrs. Ots Byrd, Rev. Silas Shepard and Rev. William Goodson. These workers will teach in a Crusade of the Americas Leadership Training School October 28-31.

August Births In Coffee County Listed

Reverend Skelton To Direct Sunday School Campaign

Baggett, Pamela Hobbs; Charles Edward Christine, Mr. and Mrs. Horn, III, Mr. and Mrs. Michael S. Baggett; Jessie Charles E. Horne, Jr.; Jerry and Mrs. Bell, Mr. and Mrs. G. Johnson, Mrs. Bobbie Bell, Marjorie, Mrs. G. Johnson, Denise Chancellor, Mr. and Troy Robin King, Mr. and Mrs. Jerry D. Chancellor; Mrs. Bobby King; Christ Ken Allen, Cochran, Mr. topher Paul Mahan, Mr. and Mrs. Jimmie E. Cochran, and Mrs. Charles Mahan, Clinton, Mr. and Mrs. Twila Lynn McLean, and Mrs. William F. Davis; Mr. and Mrs. Lynn Ayres Lori Ann Farris, Mr. and McLean; Johnny Paul Nell, Mrs. Omega Farris; Mr. and Mrs. John Phillip Farris; Mr. and Mrs. Carl O'Neal, Mr. and Mrs. Joe Philip Fussell; Darren Foreman, Robert C. O'Neal; Julie Grant, Gilmer C. Grant; Lynn Riley, Mr. and Mrs. Varonica Michel Gray, Mr. and Mrs. Lee H. Riley; Vincent Everett Rogers, Mr. and Mrs. Everett Rogers; Paul Sawyer, Mr. and Mrs. Griggs, Mr. and Mrs. Luther Griggs; Bobby Joe Hill, Faed Lewis, Sawyer, Jr.; Mr. and Mrs. Harrie E. Jane Antis, Mr. and Mrs. Hill; Chris David Hodges, Mr. and Mrs. Richard T. Sigg; Heid, Mr. and Mrs. Curtis Hodges, Mr. and Mrs. Hodges; Tim Michelle James Leon Soper; Marjorie Horstead, Mr. and Mrs. Marjorie Horstead; Stanley Jones, Mr. and Mrs. Jones; Robert J. Jones, Mr. and Mrs. Marie Kelley, Mr. and Mrs. Donald R. Kelley; Tracey Lee, Mr. and Mrs. Danny C. Lee; Christopher Anthony Medina, Mr. and Mrs. Nelson A. Medina; Willie Floyd Patterson, Mr. and Mrs. Willie C. Patterson; James Mark Stalworth, Mr. and Mrs. William Wallace, Mr. and Mrs. Ann Wallace, Mr. and Mrs. Edward L. Wallace; Jonathan Kevin Adkins, Mr. and Mrs. Gerald Adkins; Robert Charles Kaison, Mr. and Mrs. Robert Durel; Adkinson; Jane Lee, Lee, Mr. and Mrs. William T. Address; Mrs. William T. Address; Mrs. William T. Address; Mrs. Robert F. Bryant; James Eric Chancy, Mr. and Mrs. James E. Chancy; Mr. and Mrs. Helen C. Couto; Ronald Lee Doughty, Mr. and Mrs. Ronald Lee Doughty; Regina Lynn Doherty, Mr. and Mrs. Stanley R. Doherty; Mr. and Mrs. Pauline Ham, Mr. and Mrs. Fred K. Ham; Michael Royce Herrington, Mr. and Mrs. Royce Herrington; Leslie Estelle Hobbs, Mr. and Mrs. Stanley R. Hobbs.

Private Spivey Completes Basic Training

Army Private Mickey Spivey, 19, whose parents are Mr. and Mrs. Bennie F. Spivey, and Mrs. Shirley Spivey, of Elba, completed nine weeks of advanced infantry training July 12 at Ft. Polk, La. His last week of training was spent in guerrilla warfare exercises.

During his guerrilla training, he lived under field combat conditions for five days, fighting off night attacks and conducting raids on "enemy" villages. He was taught methods of removing booby traps, setting ambushes and avoiding enemy ambushes.

Other specialized training included small unit tactics, communications and mine warfare communications, and firing the M-14 rifle, M-60 machine gun and the 3.5 inch rocket launcher.

CARPETS

Call Tommy Thomason For Estimates
100% NYLON INSTALLED \$6.95 SQ. YD.
OVER 62 OZ. RUBBER LINING (INSTALLED)
12' WIDTHS INSTALLED \$2.95 SQ. YD.
...Like Walking On Air...

THOMASON FURN. & CARPET CO.
Large Or Small - We Do Them All

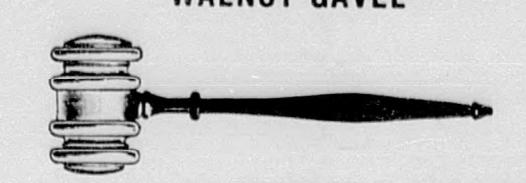
OFFICE SUPPLIES

ACME POST BINDERS



Black grain imitation leather. Post sections furnished to provide 2-inch capacity.

WALNUT GAVEL

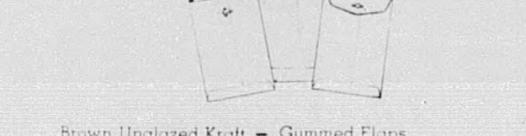


For business, board or club meetings. Made of genuine walnut and measures 10" in length.

LEVER ARCH BOARDS - COMPLETE

New lever arch board. Arch opens with press of lever and closes by pressing opposite lever. Masonite board construction with sturdy steel inch 3" high and 2 1/4" C to C.

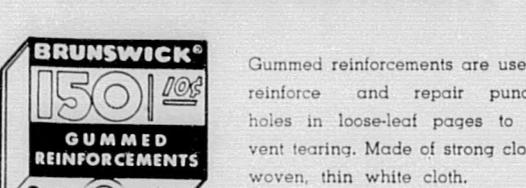
SPARCO CLASP ENVELOPES



Brown Unglazed Kraft - Gummied Flaps

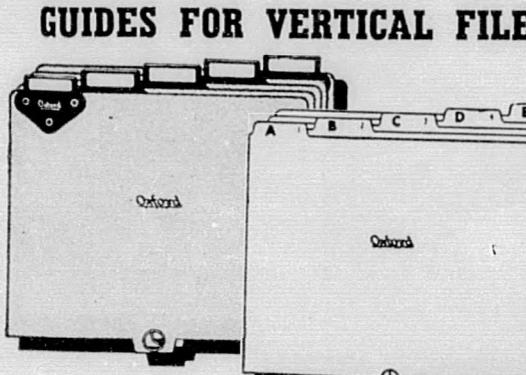
Dennison

WHITE REINFORCEMENTS



BRUNSWICK 150 GUMMED REINFORCEMENTS

GUIDES FOR VERTICAL FILES



GUIDES FOR VERTICAL FILES

Persons admitted to the Elba General Hospital during the period of September 3, 1968, through September 9 were the following:

L. J. Bailey, Minnie J. Walker, Mollie Allen, Hollie Carr, Stephen Faison, Ida Lee, Mrs. Nedra Dodox, Betty Call Myers, Sabrina Reed, Danny Baxley, Larry Wayne Bradshaw, Robbie English, John Barnes, Sheryl Cooper, Mrs. Don Gandy, Gary Allen, Pastorita Hatten, John Paul McInish, Rex Bruce Wilson, Charles Cain, Ollie Pearl, Phillip, Joseph McIlroy, Richard E. Miller, Evelyn Smith, Bula McDonald, Carolyn Cauley, Bufford Ovens, John Gandy, Nola L. Gandy, Bobbie Gandy McIntosh, Linda Sue Barnes, Annie Martin.

Persons discharged as of this time:

L. J. Bailey, Mollie Allen, Stephen Faison, Euell, Mrs. Nedra Dodox, Betty Call Myers, Danny Baxley, Sheryl Cooper, David George, Bruce Wilson, Diane Hause, Cheral Cain, Mollie Dyess, Robert T. Blair, Shirley Richards, John B. Clark, Faustine Barrentine, Connie Jones, Mrs. Lanford, Jessica Lynn Hudson, William H. Piereson, Della Maddox, Douglas Harrelson, Vincent Ziegler, Lou Ellen Bedsole, Raylene Kennett.

Persons discharged as of this time:

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